WARM WEATHER DESSERTS.

The simple and less inexpensive

a cupful and a quarter of milk in a double boiler. Heat the

yolks of two eggs slightly and mix

with two tablespoonfuls of sugar and

a pinch of salt. Add the scalded milk

gradually to the egg mixture and cook

over hot water until thick. Now add one and one-fourth tablespoonfuls of

granulated gelatin soaked in four ta-

blespoonfuls of water. Strain and add

the whites of two eggs, beaten sti

Set into cold water and stir until it be

gins to thicken, then add a half pint

fuls of powdered sugar and a table

spoonful of vanilla. Line a mold or

bowl with strips of sponge cake or

lady fingers and fill with the mixture

ed the reserved strawberry juice.

Maple Pudding.-Mix together a

cupful and a quarter of maple sirup, a

tablespoonful of sugar, four beaten

yolks of eggs and cook in a double

boiler until smooth. Soak two table-

spoonfuls of gelatin in two tablespoon-

fuls of water, add to the cooked mix-

ture, when cool, with the beaten

a pint of cream whipped. Put into a

Cheerfulness and content are great

beautifiers, and are famous preservers of youthful looks, depend upon it.

Gallantry, in its true sense is, sup-posed to ennoble and dignify a man.

SUNDAY NIGHT SUPPER.

Home folks, on Sunday night, even

an aching void as the

usual time for the daily

proaches. This is a good

time to shift responsi

bility on the younger

members of the house-

hold and teach them to

prepare and serve a

Let them plan sur

after a substantial midday meal, feel

prises and take turns in serving. This

for both boys and girls. Let the guest,

the meal ready, laying the table, pre-

paring sandwiches or salad, or making

Fig and Nut Jelly .- Wash a cupful

and stew until tender. Take them

from the liquor, put into it a half-cup-

pieces and add to them a couple doz-

en almonds, blanched and chopped.

which has been soaked for half an

hour in a cupful of warm water. Dis-

be three-quarters of a cupful), add a

strain through a wire sieve and turn into a glass dish to chill. When stiff

enough to keep the figs from sinking

to the bottom, add the figs and nuts.

Tomatoes With Cream,-Cut very

rich ripe tomatoes, which have been

peeled, in quarters without separat-

ing them, so that the sections lie open

like the petals of a flower. Heap a

ing them and removing the skin. It

Serve with whipped cream.

dainty meal

as much as she.

or less of chopped fruit which has quarter of a cupful of orange juice,

the cream.

nold and pack in ice to harden.

of cream whipped, three tables;

Chill and serve when firm.

who has all of her own work to do and during

the heated term she is

wise to make her work

as light as possible. The following desserts are

not hard to prepare and

are within reason as to

Charlotte Russe.-Scald

#### FOUNDATION UPON WHICH HERD IS BUILT



(By WILLIAM G. CHRISMAN) The selecting of the head of a herd

is a question which deserves much more thought and consideration than the average farmer thinks when the ities and color markings. The nearer subject first presents itself; and yet a lot of animals conform to the same it is one of the most important quesions with which the breeder has to deal. Why?

Because the sire is the foundation upon which the herd is built; just as no good structure can be erected without a firm foundation, neither can a good herd be established without a good sire at its head.

In selecting a head for your herd, the record must be closely examined. not only of this particular animal, but also the record of his sire and dam for generations. If he is an animal of good type, possessing the characteristics peculiar to his breed, and has well-established blood lines, you can feel pretty well assured that he will transmit these characteristics to his had purchased them. They averaged older people to provide for him; we

Since the male represents exactly e-half of the foundation of the herd. it is much cheaper, from a business standpoint, to purchase and maintain one good animal that represents so much blood of the herd and has such kept a good sire, he would have raised marked power or influence upon the characteristics of such a large num-

In raising animals of any kind one of raising.

brine

Hushing its billowy breast-The quiet of that moment too, is

HINTS ON CARE OF CHILD.

Children, like plants, geed light, air, rater and food for growth. The body needs besides these sleep and exercise to use well the food that is eaten.

Little children need food in small quantities and often, as they grow older the quantity, varie ty and time for feeding lengthens. It is important that

the hands and faces of little people be kept clean, so that they do not take into their bodies with food any dis-

selection of a sire, I will cite a case germs.

I saw recently. It was a herd of What chil What children eat builds them physically. Nothing should hinder the pe-There were ten brood sows-no two riod of growth, for it can never be

alike in any respect, color not ex. made up to them in later life. Children should be taught to thoroughly chew their food, they should spotted. Let us look at the sire. He not be hurried in their eating, or was of the nondescript class—neither a bacon nor a lard hog, with long nose, long legs, rainbow back and fussed with and corrected during the meal. Foods that are not to be given children should not be temptingly dislarge ears. What would you be willing played before them. For this reason their own mealtime and table is de the sizes, as I saw several six-months- sirable The helpless child is dependent upon

53 pounds! Just think of it! One should know and study his needs.

Sleep is an absolute necessity to from lack of feed, for they were well any life; for children under three. there should be twelve hours sleep at night and a nap morning and after noon. Children who are not given sleep enough at this time will reap the harvest of nerves and weakness al some in which a profit could be an- through life. The eyes rest during sleep, the heart does not need to work so hard and the nervous system is re freshed by sleep. Not only the health, but the child's intelligence depend upon good habits in early life. Plenty of fresh air in the sleeping room is as necessary as good food at the table The child who gets up with a head ache and a bad taste in the mouth has often slept in a poorly ventilated room. Cold air is not pure air. The normal child gets its exercise in play. Too violent play is a strain upon the

nervous system. Bathing the skin is as necessary as flushing the digestive tract with wa-Waste products, either outside or in, clog the system and cause disease

of persuasion when they are exercised over ourselves. - Dickens.

The bardest and best borne trials are those which are never chronicled in any earthly record and are suffered every day.—Ibid.

OUT OF ORDINARY RECIPES.

For a simple pudding, this will also will not only be a relief to the house-eal to the thrifty housewife: will be valuable training peal to the thrifty housewife:

Mountain Dew Pudding .- Add two beaten for there should often be one, at the yolks to a pint of rich Sunday night supper, help in getting milk, three tablespoonfuls of grated cocoanut, teaspoonful of lemon tea, cocoa or coffee; he will enjoy it juice and a quarter of a cupful of sugar. Mix and bake a half hour in a of pulled figs in cold water. Put them moderate oven. When firm and brown, to cook in two cupfuls of cold water

whites of the eggs, well beaten and sugar. Set in a slow oven to brown. thickens. Chop the figs into small Frozen Pudding.-Beat the yolks of six eggs until light, add a sirup made gume nitrogen to push the crops be of two cupfuls each of sugar and wa- Have ready a half box of gelatin ter, boiled together five minutes. Beat But on the average extensive farm a moment, take from the fire and beat until thick, smooth and cold; add a solve it in a cupful of boiling water, quart of cream, a teaspoonful of va- add to it the fig liquor (there should

nilla and partly freeze, then add a pint

cover with a meringue made of the

stood two hours in orange fuice. Broule.-Take two quarts of fresh milk, add two cupfuls of sugar. eight eggs, beaten well, one cupful of brown sugar, caramelized, a teaspoonful of vanilla, a half teaspoonful of salt. Scald the milk, add the caramel-ized sugar and, when it is dissolved, add the rest of the sugar and the eggs. Freeze and stand to ripen at least an hour before serving.

spoonful of sweetened whipped cream Peanut Salad.-Soak a cupful of in the center of each and serve well nuts in olive oil, drain and mix with chilled. Peel the tomatoes by scald two cupfuls of cut celery and a dozen chopped olives. Mix with mayonnaise served in flat glass dishes, this makes and serve on lettuce. Serve ripe an especially attractive dish. Salt, with whipped cream and paprika and a dash of vinegar may browned, chopped almonds, for a most be added if liked before putting on

Tongue served with raisin sauce is a dish which is nice enough to serve

Necie Maxwell

A genius has invented a plane that yard when Julie ann persists in pound ing it.-Milwaukee Sentinel.



dust letter

A perfect Remedy for Counting Ion, Sour Stometh Diarrhoen Worms, Teverishness and LOSS OF SLEEP,

THE CENTAUR COMPANY, NEW YORK. Bosis Blists

Banana Cream .- Slice three ripe ba nanas, press through a sieve, add a small box of crushed strawberries, re-Calm Resignation. serving part of the juice; beat to gether lightly and set on ice to cool. Serve in glass cups with sweetened whipped cream to which has been add-

priate story. During a dinner party some time ago, the congressman said, the topic turned to the connubial state. Among the guests was a bachelor person,

the longer a man is married-" "The happier he is," impulsively broke in a spinster party with a hopeful glance at the other.

you came in?" asked the foreman.
"I did not," replied the burly workman, "but I'll punch the face of the man that dares to dock me for bein'

"You dance like an angel." could keep going much longer if I had

Her Worry.

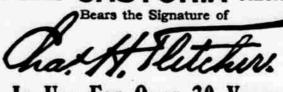
"Darling, will you love me when I'm

Generally speaking, a crank is a man with an enthusiasm for some particular form of idiocy.

CASTORIA What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. For more than thirty years it has been in constant use for the relief of Constipation, Fiatulency, Wind Colic, all Teething Troubles and Diarrhoza. It regulates the Stomach and Bowels, assimilates the Food, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS



In Use For Over 30 Years

The Kind You Have Always Bought

Reference having been made to beautiful resignation, Congressman Joseph J. Russell recalled an appro-

Exact Copy of Wrapper

"Speaking of marriage," eventually

remarked the bachelor, "It seems that

whites of the eggs, beaten stiff, and "I was going to say," resumed the bachelor, disregardingly, "that the longer a man is married the less he seems to mind it."

Willing.
"Did you punch the time clock as

ten minutes late." "You flatter me," said the girl. "I

wings."

"I will if you'll promise to love me if I should grow fat.

HUBBY HAD NOT FORGOTTEN

Was Right There With Wedding Anniversary Present and Yet Wife Was Not Pleased.

It was late afternoon and time to get her husband's supper, but the woman sitting moodily by the fire never moved. Her heart was breaking.

It was her birthday. She had been married only four years, but he-her husband-had forgotten her birthday already. That morning he had given her no present; not even an extra

kiss before rushing off to town. Presently there was the sound of a key turning in the lock. Into the room came her husband. Still she

never moved. He bent over her and whispered as he dropped a tiny parcel into her lap:

"Many happy returns, darling!" Her heart was mended. She sprang to her feet and seized him in a frantic grasp as she realized that, after all he still loved her. Then she opened the parcel.

"Pipe cleaners!" she gasped, as she displayed a little bundle of feathers. "Yes, sweetheart," said the man. "I

knew that they'd please you, as you object to my using your halrpins!"

Pa Knows Everything.

will cover that one."

ther's going along too."

"Father, what is a 'sepulchral tone of voice'?" "That means, to speak gravely."

Taking Papa Along.

ily party and politely explained that

under the new law the value of the

contents of each trunk must be given

After a brief consultation with her

daughter, mamma pointed to her own

trunk and said: "Please put this one

down as containing one thousand dol

lars' worth of personal belongings

This one," indicating her daughter's

trunk, "you may put down for eight hundred."

the baggage master, resting his been

"How about this little one?" asked

"Oh, that!" replied the lady con-

temptuously. "Ten or twelve dollars

"I see," returned the official. "Fa-

"I'm writing a history of the Euro-

"That's where I get the bulge on

the rest of the historians. I can

put my book on the market the day

after peace is declared, and they'll

have to wait two or three months.

"But the war isn't over yet,

The baggage master halted the fam-

Marriage is a lottery in which the

**Summer Comfort** 

is wonderfully enhanced when rest and lunch hour unite in a dish of

Post Toasties

There's a mighty satisfying flavour about these thin wafery bits of

So easy to serve, too, on a hot day, for they're ready to eat right from the package-fresh, crisp, clean. Not a hand touches Post Toasties in the making or packing.

Served with cream and sugar, or crushed fruit, they are delicious.

# ESSENTIAL TO KEEP **ALL PIGS THRIFTY**

One of Most Important Things Is to Stop Leaks and Get Rid of the Boarders.

A large part of the profits in hog raising depends on the thrift and are rather too slow in action to give health of the herd. The pig that is real immediate profits when used to stunted never is so profitable as the one that is kept thrifty and growing. One of the most important problems growers have to solve is to stop soils the leaks and get rid of the boarders, and Breeze. Going out of the hog busiis not the remedy. It may prevent direct losses in an occasional year such as the past one has been. but it will not utilize the feed grown legumes than if nitrate of soda had

on the farm and keep up the soil fer-Failure to use the feeds available biggest leaks in the hog business. It The successful farmer will provide crop when applied in the right pasture for his hogs every month in amounts and at the right time. For that the fattening period with most hogs is but a continuation of the growing period, and that the greatest difference in the rations used during the two periods should be in the amount rather than in the kind of feed fed.

# **ERADICATE INSECTS** IN POULTRY FLOCK

Pests Live on Production of Skin and Fragments of Feathers -Recipe for Powder.

It does not take long for lice to give

These pests live on the production It is not so much what they get as ent from the fowl that hurts, upon the conditions under which the iolent itching and pain they manure is kept. as the violent itching and pain they cause. They spread rapidly as they breed. The lice from one hen may spread through the entire flock. Lice breed most rapidly in poorly venti-lated quarters and on poorly fed. weak great. Under average barnyard con stock. The bird that looks sickly is ditions a loss from 25 to 50 per cent

Provide the fock with a dust bath and apply the following homemade powder: To one part of crude carbolic acid and three parts of gasoline, and is supplied with the right amount bolic acid and three parts of gaso out and let dry. If it is too lumpy run a. Work this powder well into the Work this powder well into the sers, especially in the fluff and unhe wings. Repeat in ten days and incrusted with dried manure. And then watch the result.

## LEGUMES ARE GOOD NITRATE PRODUCERS

object should be to produce as many

as possible of the same general well-fixed characteristics: uniformity of size, style, conformation, general qual-

ideal the higher price they will com-

swine numbering over two hundred

cepted, as black, red, white and black

spotted, as well as some red and white

to pay for such pigs? I can give you

old pigs weighed by the butcher who

weighed 61 pounds, and it was not

This shows the influence the sire

has on the herd. Had this breeder

an entirely different lot of pigs and

ticipated over and above the expense

fed twice a day.

On Average Farm Such Crops Should Be Depended Upon to Act as Soil Benefactors.

"The legumes as a source of nitrate produce great money crops." This is the statement made by an advocate of the use of nitrate of soda on American

Such a statement should not least and worms, says Farmers' Mail anyone away from the main fact that legumes grown with other crops in a field benefit those other crops the first year. The second year the soil itself is much better from having grown the

been used and no legumes grown, Legumes are our natural nitrate producers. The nitrogen is cheaper, too, to the best advantage is one of the when furnished us in this form. And yet we should remember sodium nipolicy to try to raise and fat- trate for its value in getting quick reten hogs on pasture without grain. sults. It is beneficial to almost every the year if possible, and he will feed quick results when starting a pasture enough grain in addition to the pas- on poor land, as an application to crture to keep his breeding hogs in good | chard soil for hastening fruit, in mar condition. The grain fed ought to ket gardens where crops demand much provide some growth material as well nitrogen, and in many other places as fat-forming material. Loss often is sodium nitrate is indispensable. Such sweetened with three tablespoonfuls of ful of sugar and boil until the strup due to a failure to recognize the fact crops as potatoes, garden and truck crops grown in colder sections need quick-acting nitrates in addition to le fore the organic source is ready.

### let us depend largely upon the legume. UNNECESSARY LOSS

Escape of Nitrogen Through Heating Where Piles Are Deep Is Considerable.

IN MANURE HEAPS

City manure can be bought more a flock of hens something to think cheaply in some seasons of the year about besides laying eggs. The off-than in others. It is common practice spring from a single pair of lice will in to throw the carloads of manure in large piles to wait for use later. The chief losses come through of the skin and fragments of feathers. ing and leaching when manure is left exposed. The amount of loss depen-

> Heaps may be made so deep that there is relatively small loss from leaching, but in such case the escap-

sough plaster of paris to take up of moisture to prevent heating, the unid and mix thoroughly. Spread loss is supposed to be 10 per cent.

Keep Cows Clean.

Brains Not Everything.

"People have got brains on the say that you don't like a person, someso clever!' just as if that were a rea-son in itself for liking a person. Cleverness is not everything. times it is the very thing that fills one with distrust of a person—he or she may be only made dangerous by it. Make the most of your brains, but don't think they are the only things

Real Stroke of Genius.

orain," declared Spurgeon. "If you weighs only 120 pounds. The tired papt who wants to rest and read can throw that sized plane into the back